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MINDFUL MORNING ROUTINE

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The Benefits of

My structured guide

Improved Sleep

Establishing a consistent
wake-up time and engaging in
activities sets a natural
rhythm for your body, promoting
better sleep cycles. Mindful practices
like meditation or deep
breathing in the morning
reduce stress levels, leading
to more restful nights.



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...unique as my needs
...at not only addresses

Morning Routine Guide

John Board



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